

## Diabetes Prevention Program

If you're at risk for diabetes,  
**you're not  
alone**



## Are you at risk?

Take the Centers for Disease Control and Prevention's diabetes [risk test](#). Only seven questions, and no name or identifiable health plan information required. Results are anonymous and confidential.

## If so, it's time to take action!

Beat prediabetes and earn up to 350 Vitality Points when you complete the **FREE** national Diabetes Prevention Program (DPP). The program helps participants make real lifestyle changes to prevent diabetes, and is proven to reduce the risk of developing diabetes by 58 percent.

Your Kentucky Employees' Health Plan (KEHP) offers at-risk members FREE enrollment in a DPP course. Visit [LivingWell.ky.gov](http://LivingWell.ky.gov) or call Anthem's personal health consultants at **1.844.402.KEHP (5347)** to learn more about how to enroll in a course.

## Starting in October

### Ashland

Kings Daughters Outpatient  
Therapy Building  
480 23rd Street  
Tuesdays beginning Oct. 6  
12-1 p.m. or 5-6 p.m.

### Louisa

Lawrence County Health  
Department  
1080 Meadowbrook Lane  
Mondays beginning Oct. 12  
5 p.m.

**Sign up today! Call  
1.844.402.KEHP (5347)**

For all your wellness benefits, visit [LivingWell.ky.gov](http://LivingWell.ky.gov)



Questions?  
[Contact Us](#)



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